

How to make the most of guava season

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CHUTNEY

As a Bengali, chutney is well-loved across all households and while mint or coriander chutney are frequent choices, guava chutney is another tasty alternative that you can make at home with only a few ingredients. Guavas, green chillies, chilli powder, coriander, and lime juice combine to make a rich chutney that goes well with any snack such as kebabs, samosas, chips, etc.

JAMS AND JELLIES

Turning fresh fruit into jams and jellies is a universal practice that is well justified

because nothing truly beats homemade jams. And making guava jam is easy because of the high amount of pectin and sugar in the fruit. And you are set for summer sandwiches, charcuterie board spreads, and whatever else your heart desires!

CAKES AND PASTRIES

For this one, you need your homemade guava jam but it's so, so worth the extra hassle because nothing is better than a fresh vanilla cake with guava jam filling and sweet whipped cream on top. Serve this during tea time or as the showstopper dessert at a *dawat* and blow everyone away!

SWEET AND SPICY BARBEQUE SAUCE

What is better than a tangy, spicy, and sinfully sweet barbeque sauce? Fruits are no strangers in barbeque sauce — in fact, all the best barbeque sauces have some mango or peach in them. And in the same vein, the fruity flavours of guava complement the smoky barbeque sauce perfectly!

GUAVA JUICE AND SMOOTHIES

Making and drinking fresh guava juice while the summer heat persists has to be one of life's greatest pleasures. Similarly, it's just as easy to make your breakfast smoothie with ripe, pink and soft guavas as well as other tropical fruits such as passion fruit, peaches, etc.!

SIMPLY GUAVA

The best way to enjoy a guava though is to simply eat the guava as it is. No frills, no garnish (although you can never go wrong with some smoked paprika or chaat masala) — simply sweet guava!

Guavas are an extremely healthy fruit amazingly rich in antioxidants, vitamin C, potassium, and fibre. This is great for not only your health and body, but also for your stomach because now nothing can stop you from having guava in all the ways you can every single day while the season lasts!

By Dilshana Naureen

Photo: Collected

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Big changes will happen this week. Avoid unnecessary risks. Pamper yourself for a change. Your lucky day this week will be Sunday.



TAURUS (APR. 21-MAY 21)

Someone is trying to make you look bad. Get involved in activities that involve everyone. Mistakes will cost you dearly. Your lucky day this week will be Friday.



GEMINI (MAY 22-JUN. 21)

You might meet someone that intrigues you. Be accommodating for the time being. Sudden romantic infatuations won't last. Your lucky day this week will be Sunday.



CANCER (JUN. 22-JUL. 22)

Your charm will attract romantic partners. Avoid lending money. You can't live your life for others. Your lucky day this week will be Wednesday.



LEO (JUL. 23-AUG. 22)

Changes could be overwhelming. Prolonged work will disrupt your personal life. Be careful around machinery. Your lucky day this week will be Tuesday.



VIRGO (AUG. 23-SEP. 23)

Property investments will pay off. Children may pose a problem. You can earn more if you pick up additional skills. Your lucky day this week will be Friday.



LIBRA (SEP. 24-OCT. 23)

Don't be afraid to make changes in your relationship. Push through difficulties at work. Rest and relaxation are compulsory. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24-NOV. 21)

Deal with problems at once. Change up your personal appearance. Social events will be favourable. Your lucky day this week will be Sunday.



SAGITTARIUS (NOV. 22-DEC. 21)

Get involved in self-improvement programs. Trouble can arise at home. Don't beat around the bush. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

Keep tabs on your spending. Put aside work-related decisions. Insincere gestures of friendliness are likely to occur. Your lucky day this week will be Saturday.



AQUARIUS (JAN. 21-FEB. 19)

Avoid people who gives you negative vibes. Take a look at investment opportunities. You can anger others quickly this week. Your lucky day this week will be Saturday.



PISCES (FEB. 20-MAR. 20)

Attend seminars that expand your perception. Misunderstanding can lead to alienation. Take time to think things through. Your lucky day this week will be Monday.

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